



Equipment

ACS will provide each player with a league t-shirt which is yours to keep at end of the season.

You will need to purchase the following equipment:

1. Shin Guards
2. Long socks to cover shin guards
3. Water bottle

Optional equipment:

4. Size 4 (3rd/4th Grade) or size 5 (5th-8th Grade) soccer ball
5. Soccer Specific Cleats (see diagram)



Training/Games

1. League issued or white or gray t-shirt (Sweatshirt/Jackets/Coats may be worn during colder weather)
2. Shorts. Players may wear sweat pants/warm up pants instead of shorts. Players may not wear jeans or jean shorts
3. Stocking caps (during colder weather). No hard billed hats.
4. No jewelry or sunglasses.
5. Shin Guards (Covered by socks)
6. Soccer Cleats or Tennis Shoes
7. Size 4 or 5 Soccer Ball (optional)
8. Water bottle



Soccer Cleats

Schedule

Mon., 9/14	5:00pm-6:15pm	Tue., 10/6	5:00pm-6:15pm (<i>Family Fun Night</i>)
Thu., 9/17	5:00pm-6:15pm	Thu., 10/8	5:00pm-6:15pm
Sat., 9/19	9:00am-11:00am	Sat., 10/10	9:00am-11:00am
Mon., 9/21	5:00pm-6:15pm	Mon., 10/12	5:00pm-6:15pm
Thu., 9/24	5:00pm-6:15pm	Thu., 10/15	5:00pm-6:15pm
Sat., 9/26	9:00am-11:00am	Sat., 10/17	9:00am-12:00pm (<i>Tournament</i>)
Mon., 9/28	5:00pm-6:15pm		
Thu., 10/1	5:00pm-6:15pm		
Sat., 10/3	9:00am-11:00am		

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